

# THE HAVEN COMMUNITY HUB

## 138-140 HAMLET COURT ROAD



ALL CLASSES MUST BE BOOKED AT LEAST 2 DAYS IN ADVANCE ON 07835 942365 (Unless shown otherwise by the class) OR BOOKINGS@ACSOS.CO.UK WITH PAYMENT ON BOOKING REQUIRED



The Haven Community Hub



@thehavencommunityhub



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### MONDAY

- 9.00-10.00am Bookable Sports Session - Snooker £1 (max 6 players) **NEW**
- 10-15-11-15am Keep Fit with Liam £5 (max 20 people)
- 11.30-12.30pm Cognitive exercise with Liam £5 (max 15)
- 3.15-4.00pm Keep Steady with Active Life £5 (max 20 people)
- 4.15-5.00pm Pilates with Active life £5 (max 20 people)

### TUESDAY

- 10-11.30am Thai Chi with Raj £5 (max 20 people)
- 11.45-12.45 Keep Fit with Liam £5 (max 20 people)
- 1.00-2.00pm Gentle Yoga with Clare £5 (max 20 people) **NEW**
- 2.30-3.30pm Textile Class £1 -get help with knitting/crochet/sewing projects. beginners welcome (max 6 people) **NEW**

### WEDNESDAY

- 10.00-12.00pm Computer Class. personal 30 minute session with IT expert £5 **NEW**
- 11.15-12-15 Line Dancing £5 (max 15)
- 7.00-8.00pm Advanced Martial Arts Training with Liam £5 (max 20 people) **NEW**

### THURSDAY

- 10.15-11.15am Keep Fit with Liz £5 (max 20 people)
- 11.30-12-15pm Supportive Yoga with chairs £5 (max 20 people) **NEW**
- 12.30-13.30 Strollercise (rock n roll based fitness class) £5 (max 15 people)
- 2.00-3.00pm Beginners Belly Dancing £5 (max 15 people) **NEW**
- 6.00-6.45pm Zumba £5 (max 20 people) **To book this class 07912 090963 NEW**
- 7.00-8.00pm Yoga £5 (max 20 people) **To book this class 07974 348040 NEW**

### FRIDAY

- 9.30-12.30pm Sewing Class £15 for 3 hours - bring own machine(max 8 people) **To book this class 07877 223241) NEW**

#### Bookable Sports Sessions

- 1.00-2.30pm Carpet Bowls £3 (max 6) Snooker £1 (max 4) Table Tennis £2 (max 4) **NEW**
- 3.00-4.30 Carpet Bowls £3 (max 6) Snooker £1 (max 4) Table Tennis £2 (max 4) **NEW**

**All exercise classes are upstairs and there is NO LIFT AVAILABLE AT PRESENT. This is a covid secure venue, please follow all protocols in place and maintain social distancing. Please wear a mask at all times and for exercise classes these can be removed when you are on your mat. Please bring your own exercise mats.**